



School Wellness Policy Checklist



A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation*. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

- ☐ LEA has current wellness policy. Date it was last updated: _____
 - ☐ Includes goals for nutrition program
 - ☐ Includes goals for nutrition education
 - ☐ Includes goals for physical activities
 - ☐ Includes goals for other school based-activities
 - ☐ Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
 - ☐ Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.)
 - ☐ Includes policies for food and beverage marketing
- ☐ Wellness Policy Leadership: LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.
Name/Title of Designated Leader: _____
- ☐ LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy:
 - ☐ Parents
 - ☐ Teachers of Physical Education
 - ☐ School Administrators
 - ☐ Students
 - ☐ School Health Professionals
 - ☐ General Public
 - ☐ School Food Service
 - ☐ School Board Members

Documentation: current committee list, meeting announcements, committee invitations, etc.

- ☐ Triennial Building Progress Reports: assessment of each school's progress in meeting the wellness policy goals, a summary of each school's local wellness events, and activities, and information on how individuals can get involved. [School Wellness Building Progress Report](#)
- ☐ Informs and updates the public on the content and implementation of the wellness policy including building progress reports.

Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

School Wellness Policy Resources:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

or contact schoolmeals@iowa.gov